

FOUR WAYS TO MEET A CHALLENGE (Jackal vs. Giraffe)

When faced with a challenge we can either respond by embodying the jackal or the giraffe.

Often times our first impulse is to react from a place of fear, guilt or shame (the jackal), but we can learn to respond from a place of curiosity and compassion (the giraffe). When we respond as the giraffe our interactions and relationships improve dramatically.

By familiarizing ourselves with the four ways to meet a challenge, we can become aware of our own habits and patterns and choose more compassionate ways of responding or facing the challenge from our hearts.

1. Blame Ourselves (Jackal Inward):

It's my fault... What's wrong with me?... I always/never... I'm such a _____... I should/shouldn't... I deserve/don't deserve...

2. Blame Others (Jackal Outward):

It's his/her/their fault... What's wrong with them?... He always/never.... She's such a _____.... They should/shouldn't... He deserves/doesn't deserve...

3. Sense Our Own Feelings and Needs (Giraffe Inward):

I'm feeling _____ because I'm wanting _____ ...

4. Sense Others' Feelings and Needs (Giraffe Outward):

Are you feeling _____ because you're wanting _____ ...

Example

Challenge: *You turn down your friend's request to pet sit for them while they're out of town. Your friend tells you that they are upset with you and that you're being selfish.*

Blame Ourselves (Jackal Inward) Response: *I am being selfish. I let you down. I'm a bad friend.*

Blame Others (Jackal Outward) Response: *You're the selfish one! You never do anything for me when I ask you. You're unbelievable.*

Sense Our Own Feelings and Needs (Giraffe Inward) Response: *I feel anxious, exhausted, and sad. I'm wanting understanding, self-compassion and to be seen for my intentions.*

Sense Others' Feelings and Needs (Giraffe Outward) Response: *Are you feeling frustrated because you are wanting support and consideration?*